



TREASURE VALLEY  
DOWN SYNDROME ASSOCIATION

# TVDSA Newsletter

## In this Issue

March is a busy month for activities and event launches:

March 21<sup>st</sup> or 3-21, is World Down Syndrome Day. This is a day to spread awareness and celebrate the people we love who have Down syndrome. We hope to see you on the blue!

Also in March is the 6<sup>th</sup> Annual All-Ability Easter Egg Hunt on March 26<sup>th</sup>. It is always a fun day for the kids.

Registration for the Treasure Valley iCan Bike Camp is now open. Please share this opportunity with others. In addition to participants, we will need 100 physically fit, 16 years and older, volunteers to help make the camp a success. Please see page 2 for more information.

March also launches the 2016 TVDSA Raffle. This year we will be raffling a 7-day Disneyland Vacation! See details on page 3.

The TVDSA Board Advisor has challenged everyone to do ONE thing to improve the lives of individuals with DS. Please read her challenge on page 2 and then visit some opportunities TVDSA has available on page 6.

You may also find an interesting take on the golden rule – “Treat others how you want to be treated” on page 3.

Monthly and archived TVDSA newsletters are available on our website at: [www.idahodownsyrndrome.org](http://www.idahodownsyrndrome.org) for viewing and sharing.

Newsletter Editor: [Celena Auger](#)

March 2016



## 2016 World Down Syndrome Day Celebration

**Monday, March 21 from 6:00pm-8:00pm**

**at Albertsons Stadium on the Boise State Campus**

**Wear your CRAZY Socks to celebrate individuals with Down syndrome for a dance party on The Blue!**

*Enter through the Allen Noble Sports Hall of Fame*

Come dance, socialize, and play catch on the BSU Blue again this year as we celebrate with TVDSA friends and family!

Light refreshments will be served.

Purchase Disneyland raffle tickets or help sell them to support TVDSA. Parking instructions will be provided via email the week before the event.

**Get Up to get Down, on the Blue!**

*Want to help this year's celebration be grand?*

Please contact Erin Rosenkoetter at [community@idahodownsyrndrome.org](mailto:community@idahodownsyrndrome.org)



## 6<sup>th</sup> Annual All-Ability Easter Egg Hunt

Saturday, March 26<sup>th</sup> from 10:00am-12:00pm  
at Settler's Park in Meridian



TVDSA invites all elementary and younger kids, and their families to join us.

There will be separate egg hunt areas for different ability levels.

Plenty of eggs for everyone!

**\*\* There will be candy or prizes in the eggs. \*\***

**\*\* Parents will need to check eggs, if there are food allergies. \*\***

There will be Light Snacks, Face Painting and a Fire Truck to explore.

Directions: Northwest corner of Ustick and Meridian Road (3245 N. Meridian Rd.)

For more information or to help with this event, please contact: [Elisha Jimenez](#).



March 1<sup>st</sup>:

**TVDSA Board Meeting**  
7:00pm at A New Leaf.  
Contact: [Kristie Yerger](#)

March 3<sup>rd</sup>:

**Buddy Walk Committee Meeting** 6:00pm  
Contact: [Andrew Kopping](#)

March 15<sup>th</sup>:

**Mom's Night Out!** Messenger  
Pizza in Nampa at 6:30pm  
Contact: [Reme Echevarria](#)

March 17<sup>th</sup>:

**Idaho Stampede Night at**  
7:00pm Contact: [Kris Goodwin](#)

March 21<sup>st</sup>:

**World Down Syndrome Day Celebration** 6:00pm-8:00pm at the BSU Football Stadium  
Contact: [Erin Rosenkoetter](#)

March 24<sup>th</sup>:

**Buddy Walk Committee Meeting** 6:00pm  
Contact: [Andrew Kopping](#)

March 26<sup>th</sup>:

**All Ability Easter Egg Hunt**  
10:00am at Settlers Park in Meridian.  
Contact: [Elisha Jimenez](#)

June 6<sup>th</sup>-10<sup>th</sup>:

**Treasure Valley iCan Bike Camp.** Registration opens March 1<sup>st</sup>.  
Contact: [Paul & Celena Auger](#)

June 15<sup>th</sup>:

**TVDSA Family Picnic**  
6:00pm-8:00pm at Kleiner Park in Meridian.  
Contact: [Lynda Wells](#)

## Registration is NOW OPEN!

### Treasure Valley iCan Bike Camp 2016



**June 6<sup>th</sup>-10<sup>th</sup>**, the [iCan Shine bike program](#) will be back in Idaho at the Homecourt YMCA in Meridian, Idaho to teach individuals with disabilities ages 8 & older how to ride conventional two-wheeled bicycles and become a lifelong independent riders.

**Rider Registration opens March 1<sup>st</sup>!** Registration will be open through May 15<sup>th</sup>, on a first-come, first-serve basis. Only a limited number of slots are available: <http://icanshine.org/boise-id/>. Cost for the week long camp, t-shirt, and safety helmet is:

**TVDSA Members:** \$149.00

**Non-TVDSA members:** \$199.00

**Returning riders:** \$25.00 discount\*

\*To qualify, rider must have attended the Treasure Valley iCan Bike Camp in 2014 or 2015 & payment received by May 1<sup>st</sup>, 2016.

**Multiple Family Member Registration:** \$25.00 discount per rider in the same immediate family and household.

**Volunteer Registration also opens March 1<sup>st</sup>!** It will take 100 physically fit individuals (16 years and older) who are able to volunteer 75 min per day for five days to make our camp a success. Please [click here to register online](#).

iCan Bike uses a fleet of adapted bicycles, a specialized instructional program, and a trained staff to teach individuals with disabilities how to ride conventional bicycles. Riders attend the same 75-minute session each day for five consecutive days (M-F) whereby each are physically assisted and encouraged by two volunteer "spotters."

Over the course of the 5-day camp the adapted bike is adjusted to gradually introduce more instability in an effort to challenge riders at their own individual pace. Success in learning to ride a bicycle is a major accomplishment. Learning to ride builds confidence and an improved self-image. Over the past two years, over 80% of the participants became independent riders of traditional 2-wheeled bicycles at the Treasure Valley iCan Bike Camp. We hope to have the same results this year!

For more information, please email Paul & Celena Auger at [tvicanbike@idahodownsyndrome.org](mailto:tvicanbike@idahodownsyndrome.org).

## ONE Can Make a Difference

In 1981 when Billie Paetel moved from Salem, Oregon to Boise, Idaho with her family she discovered that there was not a parent support group for families who had children with Down syndrome. Billie had been involved in the parent support group in Salem and desired that families in the Boise area could have that same support. She met and talked with other parents, and formed the Boise Down Syndrome Support Group in 1982. From that beginning in 1982 our current Treasure Valley Down Syndrome Association has grown! We still continue the same vision that Billie had of being a support to families whose children have Down syndrome, but we have expanded our mission to include enhancing the quality of life for persons with Down syndrome and providing accurate information to parents, families and our community.

Be the **ONE** who makes the difference this year!

We are asking that everyone who supports our mission statement do **ONE** thing this year to help provide support, education, and enriching activities for TVDSA, parents, families, and our community.

Choose **ONE, NEW THING** and make a difference in **2016**. (Here is a starting list, but not a limiting one):

- Become a member of TVDSA
- Volunteer to help on a committee
- Attend one TVDSA sponsored activity (World Down Syndrome Day, Summer Family Picnic, Buddy Walk)
- Give suggestions for activities, or meetings you would have an interest in
- Attend a family meeting
- Like TVDSA on Facebook

Do **ONE** thing, **YOUR** Way for **TVDSA**

Sincerely, Lynda Wells, Advisor to the Board  
Email [board@idahodownsyndrome.org](mailto:board@idahodownsyndrome.org) to get involved with TVDSA



## When the Golden Rule Gets Lost In Disability by Ellen Stumbo

"Treat others how you want to be treated," says the golden rule. We teach it. We talk about it. We try to live it.

I often hear people who have no connection to disability ask, "How should I treat someone with a disability?" And the answer is, "Treat them how you want to be treated." Right?

But here is the deal, it does not mean, "Treat them how you would want to be treated if you had a disability." Because if you're an able-bodied person like me, we really don't know what it is like to have a disability because we don't have one. And imagining what it would be like to have a disability would be based on our perception, not a reality.

So how should you treat a person with a disability? Treat them like you want to be treated right now, exactly the you that you are now, same circumstances you have now. If you are an adult, would you want someone to talk to you like a child?

If you say, "I am fully capable," do you want people to respect you and treat you with dignity and allow you to make your own choices? If you ask, "Please stop, I do not like what you are doing." Would you want people to stop even though they think they are being helpful? If you say you are good at graphic design would you want people to believe you and not doubt you based on only one aspect of your life that has nothing to do with graphic design?

On Sunday, my daughter who has cerebral palsy had someone offer to go get her walker, "No thank you," she said, "I can get it myself." "But it's just right there, I can get it for you." "No thank you," she said more firmly, "I can get it myself." Thankfully her wishes were respected...this time.

Because often times, it doesn't matter what she says, well intentioned people do not listen to what she has to say, or they simply do not even ask.

I have several friends with disabilities who have shared with me this is a common occurrence for them too.

I've witnessed it myself hanging out with them. I've had a friend say to someone, "I am fully capable," and that person not listen until I said the same thing, "She is fully capable." As if my words about my friend had more power. Why? I think it is because they are coming from an able-bodied person. It isn't right. Her words about herself should matter more than mine.

The word is respect. Treat others how you want to be treated, right now, within your current circumstances. It includes people with disabilities too. We are made of the same essence.

It's the golden rule, and let's do the best we can to make sure it applies to the way we treat people with disabilities.

Source: [Ellen Stumbo Blog](#), February 16, 2016

## WIN A DISNEYLAND VACATION PACKAGE!

2016 TVDSA  
RAFFLE

2016 TVDSA  
RAFFLE

The Disney vacation package includes the following:

- 7-DAY TRIP FOR FAMILY OF 4
- AIRFARE
- ROUNDTrip AIRPORT TRANSFERS
- 7 NIGHTS IN DISNEYLAND HOTEL
- 3 DAY HOPPER PASSES TO INCLUDE MAGIC MORNING EVERY MORNING (ENTRANCE INTO PARKS 1 HOUR EARLY)

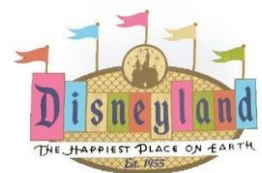
**Winner will be drawn June 15, 2016 at the TVDSA picnic.**

You do not have to be present to win.

Trip will be booked by Harmon Travel and will expire 12/31/2016.

**Tickets are 1 for \$10 or 3 for \$25.**

To buy or help sell tickets, please contact:  
Kris Goodwin: 208-599-2556 Reme Echevarria: 208-866-4095  
or call TVDSA: 208-954-7448



UP TO A  
\$6,500 VALUE

ONLY 2,500  
TICKETS SOLD!



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## Social Groups Page

### Mom's Night Out!

**Tuesday, March 15<sup>th</sup>  
at 6:30pm**

Amazing TVDSA moms it is time to get together again and have Moms Night Out!

Moms night out will be at **Messenger Pizza** located at 1224 1st Street South in Nampa.

Please RSVP on or before March 11<sup>th</sup> for table reservations.

For more information about Mom's Night Out! contact [Reme Echevarria](mailto:Reme.Echevarria@tvdsa.org) by email or by phone (call/text) at 208-866-4095.

### Lil' Buddies

Lil' Buddies will not be having a separate activity. Please come to the **All Ability Easter Egg Hunt** on **Saturday, March 26<sup>th</sup>** from 10:00am-12:00pm at Settlers Park in Meridian. There will be light snacks, face painting, and a fire truck to explore (in addition to the park equipment and egg hunt).



### Best Buds

Best Buds will not be having a separate activity. Please come to the **All Ability Easter Egg Hunt** on **Saturday, March 26<sup>th</sup>** from 10:00am-12:00pm at Settlers Park in Meridian. There will be light snacks, face painting, and a fire truck to explore (in addition to the park equipment and egg hunt).

We will have separate areas for different levels of mobility. Everyone will find eggs!

\*Parents: if your child has food allergies, please be sure to check the eggs, as some will have candy.

Need more information about Lil' Buddies? Please contact: [Elisha Jimenez](mailto:Elisha.Jimenez@tvdsa.org) at 208-871-4780

We will have separate areas for different levels of mobility. Everyone will find eggs!

\*Parents: if your child has food allergies, please be sure to check the eggs, as some will have candy.

For more information on Best Buds contact [Danielle Williams](mailto:Danielle.Williams@tvdsa.org) at 208-794-8995.

### Idaho Stampede TVDSA Awareness Night

**Thursday, March 17<sup>th</sup> at 7:00pm (St. Patrick's Day)**

This year we will be teaming up with the Idaho Stampede in March supporting World Down Syndrome Awareness as the Stampede takes on Los Angeles D- Fenders.

TVDSA will be participating in the **HIGH FIVE TUNNEL** with the players 30 minutes before the game. Game will be held at the Century Link Arena, in Boise.



Discounted Tickets \$10.00 each. Contact Kristine Goodwin at 208-599-2556.

### Save the Date!

## TVDSA 33<sup>rd</sup> Annual Family Picnic

**Wednesday, June 15<sup>th</sup>**

from 6:00pm-8:00pm

at Kleiner Park

1900 N. Records Ave. Meridian

Join us at the gazebo near the playground.



**Bring the entire family for an evening of friendship, food and fun! There will be dancing, music, face painting and more!**

For more information, please contact:

Lynda Wells at [advisor@idahodownsyndrome.org](mailto:advisor@idahodownsyndrome.org)

**The TVDSA Disneyland Raffle winner will be drawn at 7:00pm. Will you be the winner?**



"Little League is for Everyone!"

Open to ALL, ages 5 and up, with all types of special needs. Everyone welcome. Teams are set up by age and ability.

TVDSA is proud to sponsor two teams this year.

Season runs from Mid-April through June, 6:30pm on Saturday evenings at Eagle & McMillan. Registration fee: \$35.00

Registration Deadline: **March 15<sup>th</sup>**

Click [here for more information](#), or contact: Tammy Cluff: [idchallenger@aol.com](mailto:idchallenger@aol.com) or 208.362.3072

## Conferences, Workshops, Webinars & TVDSA Scholarship Information

### IPUL Workshop

Wednesday, March 9<sup>th</sup> from 6:00pm-9:00pm  
4619 Emerald Suite E, Boise

**Topic: Getting and Keeping First Job:** Parents and youth will learn how to prepare for transitioning from school to employment. It also includes helpful information to be considered in the IEP as part of the transition plan, which should occur by age 16.

Please RSVP at 208-342-5884, but RSVP not required.

Can't make it in person?

Attend the webinar on **Tuesday, March 29<sup>th</sup>**.

Same topic – two times to choose from: [11:00am-12:00pm](#) or [9:00pm-10:00pm](#)  
Click time to register.

To contact IPUL: 208-342-5884 or [parents@ipulidaho.org](mailto:parents@ipulidaho.org)

### IPUL Parent Leadership Development

May 9-13<sup>th</sup>  
McCall, Idaho

The Parent Leadership Development Project offers parents of young children (birth-9 years) with disabilities training to help them develop their leadership skills. Our goals are to build on each parent's interests and needs, to build strong community leaders, and to develop key partners in IPUL's grassroots network of community leaders.

To contact IPUL: 208-342-5884 or  
[parents@ipulidaho.org](mailto:parents@ipulidaho.org)

### 11<sup>th</sup> Annual All Born (In) Cross-Disability Best Practices Inclusive Education Conference

Portland, OR  
Saturday, April 23<sup>rd</sup>, 2016

<http://allbornin.org/abi-conference/cross-disability-inclusion-conference/>

This is an exciting day for parents, caregivers, and professionals working to end segregation in neighborhood schools and the community. Come celebrate and learn how we can use Universal Design for Learning and Best Practices to reach and teach every child. Share, learn and make connections so that we can all go forth to open the eyes of the wider community to the fact that our children are all born "in".

**Pre-Registration is Now Open!**

### The application for the O'Neill Tabani Enrichment Fund is now available!

The mission of the O'Neill Tabani Enrichment Fund is to offer financial assistance to young adults with Down syndrome – 18 and older – who are continuing to enrich their lives by taking classes or enrolling in postsecondary educational programs. To read more and download the application, [click here.](#)

For any questions or concerns regarding the O'Neill Tabani Enrichment Fund, please either send an email to [otef@ndss.org](mailto:otef@ndss.org) or call 1-800-221-4602

### TVDSA Scholarships

**Did you know that TVDSA supports members in gathering information at local and national conferences and/or workshops?**

The TVDSA Scholarship program is NOT income based, so all TVDSA members are eligible.

Please see our [Scholarship application](#) for the guidelines and how to apply today.

## Special Needs Legislative Update by Virginia Beringer

### IDAHO UPDATES

Source: Weekly updates on Idaho Legislation sessions from Community Partnerships of Idaho, Inc., (CPI) by Bibiana Nertney

Healthy Idaho Plan (S1205) is gaining momentum, your input is requested. Read more here (<http://legislature.idaho.gov/legislation/2016/S1205.htm>). To weigh in with legislators, Close the Gap created a simple form to send comments. Access the form here. ([https://www.idmed.org/IDAHO/Idaho\\_Public/ActionCenter.aspx?vvsrc=/campaigns/38619/respond](https://www.idmed.org/IDAHO/Idaho_Public/ActionCenter.aspx?vvsrc=/campaigns/38619/respond))

S1204 changes the definition of Medicaid eligible individuals to 133% below FPL. As stated here (<http://legislature.idaho.gov/legislation/2016/S1204Bookmark.htm>)

S1268 amends parameters regarding Developmental Disability Council membership, the link to the bill (<http://legislature.idaho.gov/legislation/2016/S1268Bookmark.htm>)

Senate Bill 1327 is one bill the Supreme Court recommended in its annual report to the Governor concerning defects or omissions in the law as required under article V, section 25 of the Idaho Constitution. The crime of abuse or neglect of a vulnerable adult is defined in I.C. § 18-1505. View the bill here. (<http://legislature.idaho.gov/legislation/2016/S1327Bookmark.htm>)

Senate Bill 1328 has been proposed by the Supreme Court based on a recommendation of its Children and Families in the Courts Committee. It would make several improvements to the Child Protective Act, To view the bill click here. (<http://legislature.idaho.gov/legislation/2016/S1328Bookmark.htm>)

You can contact your legislators in a variety of ways: Telephone call, personal visit, a letter or even e-mail. (<http://legislature.idaho.gov/howtocontactlegislators.htm>)





TREASURE VALLEY  
DOWN SYNDROME ASSOCIATION

PO Box 1404  
Meridian, Idaho 83680  
(208) 954-7448

We're on the Web!

See us at:

[www.idahodownsyndrome.org](http://www.idahodownsyndrome.org)

Check us out on  
[Facebook](#) and [Twitter](#)!

## **Call for Volunteers – please help!**

TVDSA is planning a full year of activities and events in 2016. The following committees are in need of some help to make them a success. Please consider helping in an area of interest.

### **Adults in Motion (AIM) Social Coordinator:**

As the AIM Coordinator you would organize various activities for individuals with Down syndrome that are 18 years and older. Activities could include social, community outreach/volunteer opportunities, or other inventive ideas. Typically AIM and Cool Club come together for an end of year celebration, organized by both group coordinators. If interested, please contact Kristie Yerger at [president@idahodownsyndrome.org](mailto:president@idahodownsyndrome.org).

### **Vacation Package – “Disneyland: Family of Four” Raffle Sales:**

This year TVDSA will be raffling off a Disneyland Vacation! It will include airfare, hotel, and 3 day hopper tickets! We are now selling tickets and could use your help! If interested, contact Kris Goodwin & Reme Echevarria at [fundraising@idahodownsyndrome.org](mailto:fundraising@idahodownsyndrome.org).

### **Buddy Walk Committee:**

Planning for this year's Buddy Walk is beginning this month and we are looking for fresh ideas and a new look for this year's Buddy Walk. We will need help with sponsorships, volunteers, entertainment, games, and more. If interested, please contact Andrew and Genevieve Kopping at [buddywalk@idahodownsyndrome.org](mailto:buddywalk@idahodownsyndrome.org).

### **Calendar Committee:**

The TVDSA Calendar is making a come-back for 2017! If you are interested in helping create this one-of-a-kind calendar please contact Erin Rosenkoetter at [community@idahodownsyndrome.org](mailto:community@idahodownsyndrome.org)

### **Technology Committee:**

Calling All Techies - TVDSA needs volunteers to participate in a Technology committee. If you are a professional technology expert or just a self-made techie, we can use your input. Our first task will be discussions and recommendations for updates to the TVDSA website. If you are interested please contact George Taylor at [webmaster@idahodownsyndrome.org](mailto:webmaster@idahodownsyndrome.org).

### **Golf Tournament Committee:**

Calling All Golfers (and non-golfers) - TVDSA will be hosting a 2016 Golf Tournament and needs volunteers for a planning committee. Whether you play golf or not, your help would be appreciated. Prior golf tournament planning experience is a bonus! This committee will be planning the event, getting sponsors, and getting participants for the event. If you are interested please contact George Taylor at [golf@idahodownsyndrome.org](mailto:golf@idahodownsyndrome.org).

**Could ONE of These be Your “ONE” Thing?**



*The mission of the Treasure Valley Down Syndrome Association is to enhance the quality of life for persons with Down syndrome by promoting inclusive environments, providing accurate information to parents, families, and the community, and by advocating respect, dignity, and appropriate supports for people with Down syndrome.*

### **Board of Directors:**

President: [Kristie Yerger](#)  
Vice President: [George Taylor](#)  
Advisor: [Lynda Wells](#)  
Co-Fundraising: [Kristine Goodwin](#)  
Co-Fundraising: [Reme Echevarria](#)  
Legislative Chair: [Virginia Beringer](#)

Treasurer & Spanish Contact: [Lucy Olmos](#)  
Secretary & Membership: [Paul Auger](#)  
Marketing: [Jason Robles](#)  
Community Outreach Chair: [Erin Rosenkoetter](#)  
Buddy Walk Chair: [Andrew Kopping](#)  
Self-Advocate Chair: [Dylan Thaner](#)

For more information, articles, past newsletters and more, please visit our website: <http://idahodownsyndrome.org>  
Mailing: PO Box 1404 Meridian, ID 83680; Check us out on [Facebook](#) and [Twitter](#)